

## Staying Motivated



Try walking during your 15-minute break or before you start work. You will feel more energized and ready to go! When you start slowly, you will be ready for the next walking challenge. Check the CommonHealth website for information about at-work fitness opportunities.

<http://commonhealth@dhrm.virginia.gov>

Once you have decided to make changes to your lifestyle, it's sometimes hard to keep going! CommonHealth has information to help you as you start a new journey to a healthier life. Try some of these resources or contact your agency CommonHealth coordinator today.

### COMMONHEALTH WEBSITE

<http://commonhealth.virginia.gov>

### EMAIL US

[Wellness@dhrm.virginia.gov](mailto:Wellness@dhrm.virginia.gov)

### DEPARTMENT OF HUMAN RESOURCE MANAGEMENT(DHRM)

[www.dhrm.virginia.gov](http://www.dhrm.virginia.gov)

### ActiveHealth Resources for employees in a state health plan

<https://MyActiveHealth.com/cova>



Introducing a New  
WeightWatchers portal!  
Find an at-work meeting  
location and join now.

Weight Watchers programs are very successful and are available at many work locations and in your community. All state employees may participate. Many participants report great outcomes in this program plus 50% of the program fee may be reimbursed for employees who meet program requirements. Get started at:

<http://www.dhrm.virginia.gov/genlbenefits/weightwatchers/DHRMWWGateway.pdf>

## Other resources are available to employees who are enrolled in a state health benefits plan.

**Healthy Beginnings**  
Maternity Management

**Healthy Lifestyles**  
Smoking Cessation  
Weight Management

**Healthy Insights**  
Disease Management:  
Diabetes  
High Blood Pressure

Eligible employees should go to:  
<https://www.MyActiveHealth.com/cova>  
and log in to access these resources.



## CommonHealth Employee Wellness Programs

Visit us at  
[www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov)



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*CommonHealth is the wellness education program  
for employees of the Commonwealth of Virginia.*

## Getting Started with CommonHealth

More than 500 state agency locations have active CommonHealth programs.

Visit the CommonHealth Web site for program information or email the Regional Coordinator serving your area.

<http://commonhealth.virginia.gov>

### Sharon Buckner

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### Susan Perry

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## CommonHealth@Work4You

### Programs we bring to your workplace include:

Weight Loss and  
Activity Challenges  
Nutrition and Healthy Eating  
Take 10 for Better Health  
Stress Management  
Activity and Fitness  
Stroke Awareness  
Sleep and Health  
Type 2 Diabetes  
Heart Health  
Safe Driving

Your Regional Coordinator will custom fit these programs to your needs, including 15- or 30-minute sessions or presentations at your staff meetings.

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If you know someone who is interested in improving the health and wellness of your coworkers at your site, he or she may want to volunteer to serve as an Agency CommonHealth Coordinator.

Email us today  
[wellness@dhrm.virginia.gov](mailto:wellness@dhrm.virginia.gov).



CommonHealth is administered by the  
Virginia Department of Human  
Resource Management

## CommonHealth Publications

**Weekly Emails** are sent to your agency CommonHealth coordinator for distribution to coworkers and each covers a wide variety of timely health and wellness topics.

**The *Compass* newsletter** is packed with health news you can use and recipes to share. It is delivered electronically three times a year, or you can view current and past editions at: <http://commonhealth.virginia.gov/communications.htm>



### NEW! At-Work Fitness Classes

Discover how you can start a fitness class at or near your work location. Zumba, Pilates, Yoga, and more!

### Fitness Center Discount Program

Many fitness centers around the state participate and offer a variety of discounts to state employees. Simply visit the CommonHealth Web site for a list of participating centers by region. <http://commonhealth.virginia.gov/fitnessdiscounts.htm>